


RE focus: What does it mean to be a Hindu in Britain today?

Hindu	People who follow the religion of Hinduism.	Murti	is an image, statue or idol of a deity or person in Indian culture.
Hinduism	A religion or way of life. Hindu's refer to this as ' Sanatana Dharma '	Deity	A god or Goddess, a divine being.
Karma	Is a belief that each action has a consequence	Puja	The act of worship
Reincarnation	A belief that the soul is eternal and lives many lifetimes, in one body after another.	OM (Aum) 	Aum is the main symbol of Hinduism. It is the sound heard in deepest meditation and is said to be the name most suited for God.
Shrine	A special place where gods or goddesses are worshipped.	Aarti ceremony	A part of puja (worship), in which light (usually from a flame) is offered to one or more deities.
Dharma	This is a code to follow for life.	Bhajan	A devotional song

Key Knowledge

- Hindus believe in a universal soul or God called Brahman. Brahman takes on many forms that some Hindus worship as gods or goddesses in their own right.
- **Hindus believe that there is a part of Brahman in everyone and this is called the Atman.**
- **Hindus believe in reincarnation** - a belief that the soul is eternal and lives many lifetimes, in one body after another. The soul is sometimes born in a human body, sometimes in an animal body and sometimes in a plant body.
- **Samsara** means going through the cycle of repeated births and deaths (reincarnation). **Hindus believe that existence of this cycle is governed by Karma.**
- There are three types of Karma: that of past lives, that of the present life, and that of the lives not yet lived. This karma will determine in what entity they will be born in their next life, with the goal of eventually being released from the rebirth cycle to reach moksha.
- Hinduism is widely practised in the Indian subcontinent and parts of Southeast Asia with some Hindus living in Britain (816,633 Hindus based on the last census)
- **Shrines** are typically located inside a Hindu temple.

